

GOING UNDER

**...or into the water this summer?
Practice common sense and good safety when going for a swim!**



Here are a few tips to make your swimming experience a safe one:

swim in authorized swimming areas only!

Avoid the cold water temp.; limit exposure

know water depth and possible obstructions

wear surf shoes on rock/shelled bottoms

inexperienced swimmers, stick to shallow water/wear a personal floating device (pdf)

if no lifeguard is present use buddy system.

Avoid swimming alone!!

Be alert for marine life,critters, etc.

LOOK BEFORE YOU LEAP!

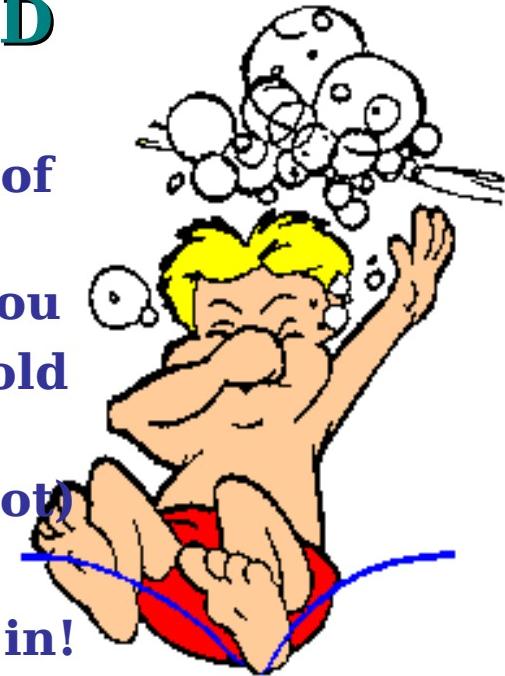
NEVER DIVE OR JUMP INTO COLD WATER!

When cold water (a common problem in much of Europe)

covers your body all of a sudden, it can cause you to gasp-and you drown. The sudden shock of cold water

can make you inhale (whether you mean to or not) and fill your lungs with water.

Check first, if you have cold, icy water, don't go in!



a little ice in your water?



Protect yourself from the sun:

- ★ apply broad spectrum sunscreen rated for uva & uvb with a spf of at least 15.
- ★ Reapply sunscreen every 2 hours when outdoors; even on cloudy days.
- ★ Wear protective, tightly woven clothing, such as a long sleeved shirt & pants. Dark colors give more protection.
- ★ Wear a wide-brimmed hat and sunglasses (uv ray protected) when outdoors. Stay in shade whenever possible.
- ★ Avoid reflective surfaces, which can reflect up to 85% of the sun's damaging rays.
- ★ Protect children. Minimize sun exposure and apply sunscreen to children aged 6 months & older.
- ★ No shadow...seek the shade! If your shadow is shorter than you are, you're likely to sunburn.
- ★ Avoid tanning beds.

The sun's rays are strongest between 10 a.m. & 4 p.m.